Comparisons of NutriBase 7, Food Processor SQL, and Nutritionist Pro

Updated October 18, 2006

Basic Pricing, Delivery, and Support	NutriBase Clinical v.7.x	Food Processor SQL v.9x	Nutritionist Pro[1] v.2.x
Name of the company who develops and supports the software	CyberSoft, Inc.	Esha Research	Axxya Systems
Web address for product information	nutribase.com	esha.com	axxya.com
Telephone number for product information	877-223-5459	800-659-3742	800-709-2799
Retail price for a single-user, non-network edition	$695	$699	$595
Retail price if you need to generate publication quality Nutrition Facts Labels	no additional cost	$3,999 and up[2]	$595[3]
Annual fee for continued product support *after the first year?*	No	$200	$300?[4]
Free updates and toll-free technical support *after the first year*?	**YES**[5]	no[6]	no[7]
Does the license permit installing on more than one PC *at no additional cost*?	**YES**[8]	no	no
Toll-free technical support for as long as you are using the product?	**YES**[9]	no	no
Narrated CD videos showing you how to use the software's major features?	**YES**	no	no
Free 24/7 email support for as long as you are using the software?	**YES**	no	no
Free 24/7 Internet downloads for the latest product update?	**YES**	no	no
The Numbers[10]	**NB7**	**FP-SQL**	**NPro**
Number of *Unique* food entries in the nutrient database	37,138[11]	29,000+	26,000+
Number of nutrients and nutrient factors featured in the database	167[12]	133[13]	80+
Number of *Unique* Brand Names featured in the database[14]	1,200	500+	500+
Number of top-selling nutritional information books in print	three million	0	0
Total number of restaurant menu items	4,783	1,600+	?

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1 First DataBank announced the discontinuation of product development for Nutritionist Pro on 12/03/2004. Axxya Systems began marketing Nutritionist Pro on July 25, 2005.

2 Esha recommends you purchase their **Genesis R&D SQL** software (starting at $3,999.00) to generate Nutrition Facts Labels. If you purchase the Esha import/export utility and the SQL access control, the cost will be an additional $2,350 (total cost: $6,349).

3 You can save $90 if you purchase both the Nutritionist Pro single-user edition *plus* the labeling module for $1,100.

4 As of 10/18/2006, Axxya Systems does not provide pricing information on their web site regarding product support. You may contact Axxya Systems at 800-709-2799. When First DataBank marketed **NPro**, they charged $300 per year for continued product support.

5 Toll-free tech support for **NB7** never expires. *Updates* are free for the version purchased. *Upgrades* are half price.

6 Support and updates for **FP-SQL** comes with "Esha Priority Support," which is free for 12 months. The fee for each additional year is $200.

7 As of 10/18/2006, Axxya Systems does not provide information on their web site regarding pricing for product support. You may contact Axxya Systems at 800-709-2799.

8 Each copy of NutriBase software is licensed for use by one End User on multiple PC's OR by multiple End Users on a single PC. You can have NutriBase installed on another computer so long as you are the only person who uses the software. If multiple users are involved, the license applies to one computer only.

9 Toll-free tech support for **NB7** never expires. *Updates* are free for the version purchased. *Upgrades* are half price.

10 Some of these numbers were difficult to determine. Neither **FP-SQL** nor **NPro** have the ability to generate a sorted list of unique food or brand names by food category.

11 ***With NB7, if you locate three entries for say, "Granulated Sugar - 1 tsp," "Granulated Sugar, 100 gm," and "Granulated Sugar - 1 cup," we count these three entries as a single unique food entry.*** To preserve an "apples-to-apples" comparison, we use the more conservative *unique* food number value in this chart.

12 **NB7** includes the Nutrient Databank Number for USDA food items. This number provides you with the number used by the USDA to identify the foods in the research quality nutrient database. The nutrient factors provided in **NB7** include 8 calculated fields that provide the % calories from protein, carbohydrates, fat, and alcohol, plus the calories from protein, carbohydrates, fat, and alcohol. In **NB7**, all 8 of these calculated fields are searchable - you can perform rankings (sorts) and queries (Boolean AND searches) on any of these columns. (You can, for example, rank all restaurant menu items from low-to-high based on their values for % calories from fat.)

13 **NB7** tracks Food Name; Comment; Brand; Serving Size; Gram Weight; Units; Calories; Food Energy (kj); Protein; Carbohydrates; Fat; Saturated Fat; Monounsaturated Fat; Polyunsaturated Fat; Cholesterol; Alcohol; Starch; Fiber; Ash; Water; Caffeine; Theobromine; Sugars; Glucose (dextrose); Fructose; Lactose; Maltose; Galactose; Sucrose; Phytosterols; Stigmasterol; Campesterol; Beta-sisosterol; Biotin; Calcium; Chloride; Chromium; Copper; Fluoride; Iodine; Iron; Magnesium; Manganese; Molybdenum; Phosphorus; Potassium; Selenium; Sodium; Zinc; Vitamin A IU; Vitamin A RE; Vitamin E IU; Vitamin E ATE; Tocopherol, alpha; Tocopherol, beta; Tocopheral, gamma; Tocopheral, delta; Vitamin C; Vitamin B1 Thiamine; Vitamin B2 Riboflavin; Vitamin B3 Niacin; Vitamin B5 Pantothenic Acid; Vitamin B6 Pyridoxine; Total Folate; Folic Acid; Folate, food; Folate, DFE; Vitamin B12 Cyanocobalamic; Vitamin D (IU); Vitamin K; Alanine; Arginine; Aspartic acid; Cystine; Glutamic acid; Glycine; Histidine; Isoleucine; Leucine; Lysine; Methionine; Phenylalanine; Proline; Serine; Threonine; Tryptophan; Tyrosine; Valine; Fatty Acid, 4:0; Fatty Acid, 6:0; Fatty Acid, 8:0; Fatty Acid, 10:0; Fatty Acid, 12:0; Fatty Acid, 13:0; Fatty Acid, 14:1; Fatty Acid, 14:0; Fatty Acid, 15:0; Fatty Acid, 16:1t; Fatty Acid, 16:1; Fatty Acid, 16:1c; Fatty Acid, 16:0; Fatty Acid, 17:0; Fatty Acid, 17:1; Fatty Acid, 18:0; Fatty Acid, 18:2; Fatty Acid, 18:1c; Fatty Acid, 18:1t; Fatty Acid, 18:1; Fatty Acid, 18:2i; Fatty Acid, 18:4; Fatty Acid, 18:3; Fatty Acid, 18:3n-3c,c,c; Fatty Acid, 18:2n-6c,c; Fatty Acid, 20:5; Fatty Acid, 20:1; Fatty Acid, 20:4; Fatty Acid, 20:0; Fatty Acid, 20:2n-6c,c; Fatty Acid, 20:3 undif; Fatty Acid, 22:1; Fatty Acid, 22:0; Fatty Acid, 22:6; Fatty Acid, 22:5; Fatty Acid, 24:0; Fatty Acid, 24:1c; Fatty Acid, total trans-monenoic; Fatty Acid, total trans fatty acid; Fatty Acid, Omega-3 fatty acid; Omega-6 fatty acid; Percent Calories from Protein; Percent Calories from Carbohydrates; Percent Calories from Fat; Calories from Protein; Calories from Carbohydrates; Calories from Fat; Exchanges: Starch, Very Lean Meat; Lean Meat; Medium Fat Meat; High Fat Meat; Vegetable; Fruit; Skim Milk; Low Fat Milk; Whole Milk; Fat; Other Carbs; and the NutriBase ID Number.

14 "Unique Brand Names" refers to the count of the number of different brand names represented in the database. For instance, "McDonald's" may appear hundreds of times throughout the database, but it is counted here as one unique brand name.

Nutrient Database Features and Capabilities	NB7	FP-SQL	NPro
Ability to display the nutrient data for more than one food item at a time as a result of a search across the software's nutrient database?[15]	**YES**	no	no
Ability to display whole *categories* of foods (and their associated nutrients) in a tabular, spreadsheet format?	**YES**	no	no
Ability to resize column widths of *live* nutrient data?[16]	**YES**	no	no
Color-coded background to identify the source of the nutrient data?[17]	**YES**	no	no
Ability to search on either food names or brand names?	**YES**	**YES**	**YES**
Ability to view data in a split-screen spreadsheet view (to view data from two different areas of the database at the same time)?	**YES**	no	no
Add an unlimited number of foods to the program?	**YES**	**YES**	**YES**
Can you define which nutrients get displayed in search results?	**YES**	**YES**	**YES**
Can you generate a listing of all unique food names and/or brand names in any food category and "jump" to the first occurrence?	**YES**	no	no
Does the software flag nutrient totals that include values from food items with missing values for any nutrient values in reports?[18]	**YES**	**YES**	**YES**
Include Food Exchanges/Food Guide Pyramid?	**YES**	**YES**	**YES**
Resequence *live nutrient data* by dragging-and-dropping their column headers? [19]	**YES**	no	no
Search screen that permits you to search by food name, brand name, recipe, meal, or perform View, Rank, or Query functions?	**YES**	no	no
Separate food name, comment, and brand name fields?	**YES**[20]	no	no
View *live nutrient data* in a spreadsheet format?	**YES**	no	no
View nutrient data for any food item in a single-screen by double-clicking it?	**YES**	no	no
Zoom the size of *live nutrient data* to display more or less data?	**YES**	no	no
Glycemic Index/Glycemic Load data?	no	**YES**	no

15 ***Looking at the nutrient data one item at a time is like looking at a huge nutrient database through a pinhole.*** This approach is cumbersome, inefficient, and inadequate for sophisticated nutrient analysis. Yet this is how you view the live nutrient data with programs like **FP-SQL** and **NPro**... one food item at a time. **NB7** supports food name searches, brand name searches, and the View, Rank, and Query functions. The results of all of these types of searches are always displayed in a tabular, spreadsheet format with as many as 30 columns of data for over 60 food items at a time. (If you want to view the nutrient data for a single food item, you can do that too - just double-click on any food item of interest.)

16 "Live data" is the actual nutrient data from the database that the product relies on for its nutrient information. "Live nutrient data" does not apply to pre-selected lists of food items such as those that may exist in reports for intakes, meals, meal plans, food frequencies, or recipes. **NB7** lets you resize column widths for any product category, then remembers that setting for you for future use.

17 The background color of the data indicates whether the data came from the USDA SR Data, the Canadian CNF data, or the Brand Name database.

18 The ability to flag missing values is a very important capability for most professional users. All of these programs include this capability to some degree. **NB7** flags and footnotes missing values in every report. **FP-SQL** indicates missing values for nutrients in two of their report types (by showing a "-" where the nutrient value would normally appear); **FP-SQL** does not flag the nutrient totals or footnote the nutrient totals to indicate that they were derived by summing food items with missing values. **NPro** reports not only offer to indicate that there are missing values, but even provide the actual number of missing values.

19 "Live nutrient data" is the actual nutrient data from the database that the product relies on for its nutrient information. "Live data" does not apply to pre-selected lists of food items such as those that may exist in reports for intakes, meals, meal plans, food frequencies, or recipes.

20 The food name, comment, and brand name fields are combined in **FP-SQL** and **NPro**. Sample food description listing from **NPro**: "ENSURE with Fiber". Sample **FP-SQL** food description: "EnsureNutritionDrinkw/FiberComp-BtrPcnRL". Sample listing from **NB7** Clinical: **Name:** "ENSURE, WITH FIBER, RTU" (Ready to use) **Comment:** "fiber fortified - supplemental/total nutrition; oral/tube feed, Kosher, gluten/lactose-free, low residue, not for parenteral use" **Brand:** "Ross Laboratories". Because these fields are autonomous, **NB7** permits a variety of useful queries on this information. **NB7** will allow you, for example, to display all the frozen chicken entrees that have one of several selected brand names that have a maximum of, say, 4.5 mg of Saturated Fat.

Nutrient Density View[21]	NB7	FP-SQL	NPro
View the nutrient data for hundreds or thousands of foods simultaneously - based on a fixed number of calories of each food item?	**YES**	no	no
Can you adjust the number of calories on which you compare these foods?	**YES**	no	no
Rank all foods in your list from high-to-low or low-to-high based on their values for any nutrient by clicking the column header for the nutrient?	**YES**	no	no
Nutrient Intake Module for Clients	**NB7**	**FP-SQL**	**NPro**
Can you burn a CD for your clients to take home, install, and record their own intake for any time period?	**YES**	no	no
Can you distribute the Intake Module to clients royalty-free?	**YES**	no	no
Ability to embed your return email address on your Intake Module CD?	**YES**	no	no
Ability to include your own customized splash screen?[22]	**YES**	no	no
Ability to control the software caption displayed by your software?[23]	**YES**	no	no
Can clients check an option to email you their intake information?	**YES**	no	no
Can the software import and analyze the food intake data provided by your clients via email or on diskette?	**YES**	no	no
Are your Intake Module CD's reusable with other clients?	**YES**	no	no
Can you put your Intake Module on your web site and make it available for clients to download?	**YES**	no	no
Palm PDA Support[24]	**NB7**	**FP-SQL**	**NPro**
Support for recording food and exercise intakes on any Palm PDA with Palm OS v.3.5 or greater?	**YES**	no	no
Easy installation that occurs automatically during HotSync?	**YES**	no	no
Ability to HotSync[tm] intakes and exercises from your client's PDA's?	**YES**	no	no
Ability to "roll your own" database for your client's Palm PDA by selecting any foods from a 37,000+ database of food items?	**YES**	no	no
Ability to transfer recipes to your Palm PDA?	**YES**	no	no
Query (Boolean AND search) Capabilities	**NB7**	**FP-SQL**	**NPro**
Conduct Queries (Boolean AND Searches) on the nutrient data for *one* ("1") *specific food, brand name, and/or serving size* by specifying upper or lower limits for as up to ten ("10") nutrient components?	**YES**	no	**YES**
Conduct Queries (Boolean AND Searches) on the nutrient data for *multiple* foods, brands, and/or serving sizes by specifying upper or lower limits for as few or *as many* nutrient components as desired?	**YES**	no	no
Ability to query he nutrient data to show all menu items from, say, Burger King, McDonalds, & Wendy's with at no more than, say, 8 grams of *sat fat*, sorted from low-to-high based on their values for *saturated fat*?	**YES**	no	no

21 ***The Nutrient Density View – a feature unique to NutriBase - makes it easier to identify the foods that provide the highest nutrition per calorie.*** For instance, in a normal spreadsheet view, you might view the nutrients for all fruits at once. This means you could be comparing the nutrients in say, a watermelon, with the nutrients in a strawberry. In this view, it's difficult to determine which food is the *richest source* of any particular nutrient. But if you are using the Nutrient Density View, you'll be viewing the nutrients for say, 100 kcal of that watermelon and the strawberry. This makes it much easier to determine which food is the richest source of any particular nutrient.

22 A "splash screen" is the image that the software displays for a few seconds as the Intake Module starts… you can create your own – include your logo, your face, your company name, etc. This ability helps you give your Intake Module software a private labeled look.

23 The "caption" is the wording that appears in your "title bar" - that first line (flush left) in the upper left corner of every window. This is the place that identifies the program to your clients. You can name your Intake Module anything you want to name it.

24 NutriBase Clinical and Clinical SE Editions support the Palm PDA. NutriBase network editions do not support the Palm PDA.

Nutrient Database Ranking (Sorting) Capabilities	NB7	FP-SQL	NPro
Global ranking (sort) for food items that allows you to rank the entire data-base, selected categories of the nutrient database, or any combination of specific food subcategories of the database?	**YES**	no	no
Ability to view your recipes, meals, and personal food items, then rank them on-screen from high-to-low or low-to-high based the values for any nutrient while you are viewing them in a spreadsheet view?	**YES**	no	no
Rank food items high-to-low or low-to-high based on "% Calories from" or "Calories from" Protein, Carbohydrates, or Fat?	**YES**	no	no
Rank foods on-screen based on their values for any nutrient factor by clicking the column header for the nutrient of interest?	**YES**	no	no
Ability to restrict rankings to 100 gram serving sizes of all foods?	**YES**	no	no
Intake Management[25]	**NB7**	**FP-SQL**	**NPro**
Ability to give your clients software to record their own food intakes on their own PC, then click a button to email the results to you?	**YES**	no	no
Ability to transfer software to your client's PDA so they can record their own food intakes and exercises, then transfer that data back to your PC?	**YES**	no	no
Ability to record intakes without first logging on clients?[26]	**YES**	no	no
Ability to assign an intake item to specific meals while adjusting its serving size?	**YES**	no	no
Ability to copy intakes (or selected meals and/or snacks from a day's intake) from any client to any another client (or clients) on any day (or days) you specify?	**YES**	no	**YES**
Ability to create a food list that will be auto-recorded to a client's intake each time you open a new day's intake for that client?	**YES**	no	**YES**
Ability to *subtract* ingredients from any intake? Example: "Whopper w/o Mayo"	**YES**	no	no
Automatically display Total Calories and the PCF or CPF Ratio for intakes?	**YES**	no	no
Auto-select the proper RDA, DRI, or RNI based on gender and age?	**YES**	no	no
Calendar that can be set up to award "thumbs up" (or "thumbs down") icons when clients meet (or don't meet) daily nutrition goals?	**YES**	no	no
Compose any nutrient intake (sort intake items based on any nutrient)?[27]	**YES**	**YES**[28]	somewhat[29]
Set alarms to trigger when clients exceed any nutrient limit(s) you specify?	**YES**	no	no
View analyses of an intake day's meals or snacks by clicking their tabs?	**YES**	no	**YES**

25 NB7 defines an intake as a list of food items that a client has eaten (or has been recommended to eat) over a specified period of time. **FP-SQL** refers to an intake as a "foodlist" (**FP-SQL** also calls recipes and meal plans "foodlists.") **NPro** refers to an intake as a "diet."

26 NB7 allows you to record intakes to individuals without having to first log them on as clients. This saves time when you need to analyze intakes for large numbers of individuals and have no need to compare these intakes to nutrient goals (RDA's, DRI's, RNI's, etc.). These clients are identified by an ID Number. You may add an option name and/or comment if desired. **NB7** also supports individual and group analyses of these types of clients plus the ability to save these analyses in spreadsheet format.

27 In **NB7**, "composing" an intake performs a *composition analysis* on that intake. It lists the food items in ascending or descending order based on the values for that nutrient. It tells you what percentage of the recipe is contained in each food item, along with the actual amounts. This function will tell you instantly where all that Fat or Sodium is coming from.

28 FP-SQL lets you select the nutrient you wish to see "sources and amounts for single nutrient." The bottom portion of the screen shows the amounts, the percentages, and a bar chart. As you click on other nutrients, the data on the screen changes to provide information for the selected nutrient. All rankings are high-to-low... **FP-SQL** won't display the values sorted low-to-high.

29 NPro displays nutrient values for foods in a "diet" (A "diet" is **NPro**'s nomenclature for an "intake") in a spreadsheet format. This makes it fairly easy to see which food contains the most *Fat* or *Sodium*, as long as the intake doesn't include too many ingredients. **NPro** doesn't rank the food items based on selected nutrients or show the percentage of the nutrient that comes from each food item in the recipe. **NPro** allows you to see the nutrients for foods after you generate a report... no ranking features supported.

Recipe Management	NB7	FP-SQL	NPro
Ability to *compose* any recipe (sort recipe ingredients based on % content and actual content of any nutrient in ranked order from low-to-high or high-to-low)?[30]	**YES**	**YES**[31]	somewhat[32]
Ability to format cooking instructions by setting fonts and point sizes, inserting bullets, italicizing, boldfacing, underlining, and aligning your text?	**YES**	no	no
Costing feature? (Ability to calculate the cost per serving of your recipes.)	**YES**	**YES**	no
Scale your recipes to serve any number of servings?	**YES**	**YES**	**YES**
Ability to display the Percent Daily Values for recipes while viewing them?	**YES**	no	no
Change the number of servings per recipe?	**YES**	**YES**	**YES**
Ability to generate recipes then save them as customized web pages?	**YES**	no	no
Ability to organize recipes into a customizable tabbed notebook?	**YES**	no	no
Record a recipe as either a recipe (one item) or as a list of ingredients?	**YES**	**YES**	no
Ability to select and copy recipe items into an editable shopping list?	**YES**	no	no
Ability to spell-check your recipe instructions?	**YES**	no	no
Ability to stamp recipes with your byline (author, credentials, copyright, company, phone, etc.) before distributing them?	**YES**	no	no
Ability to *subtract* ingredients from any recipe?	**YES**	no	no
Ability to rank your recipes based on their values for any nutrients while viewing your recipes, in the spreadsheet view?	**YES**	no	no
Are recipes transferable across the other editions of the software?	**YES**	no	no
Can you publish your a cookbook in a *custom* word processor formatted cookbook format from within the software?	**YES**	no	no
Tabbed notebook with the ability to add, delete, or rename tabs and the ability to drag and drop recipes from tab to tab?[33]	**YES**	no	no
Ability to view nutrient data for a recipe as a percentage of Daily Values?	**YES**	no	no
Can you record recipes-within-recipes?	**YES**	**YES**	**YES**
Record recipes-within-recipes by specifying the serving size, gram weight, or ounces of the recipe you are adding?	**YES**	no	no
Meal Plan Management	**NB7**	**FP-SQL**	**NPro**
Ability to copy a meal plan to a client's intake?	**YES**	no	no
Ability to create, edit, copy, analyze, export, import, and distribute meal plans to clients and users of other editions of the software?	**YES**	no	no
Are professionally prepared Meal Plans included with the software?[34]	**YES**	no	no
Automatically display Calories and the PCF Ratio for meal plans?	**YES**	no	no
Stamp all meal plans with your byline before distributing them?	**YES**	no	no

30 "Composing" a recipe performs an instant composition analysis on that recipe. It lists the food items in ascending or descending order based on the values for that nutrient. It tells you what percentage of the recipe is contained in each food item, along with the actual amounts. This function will tell you instantly where all that Fat or Sodium in your recipe is coming from.

31 FP-SQL lets you select the nutrient you wish to see "sources and amounts for single nutrient." The bottom portion of the screen shows the amounts, the percentages, and a bar chart. As you click on other nutrients, the data on the screen changes to provide information for the selected nutrient. All rankings are high-to-low... **FP-SQL** won't display the values sorted low-to-high.

32 NPro displays nutrient values for all ingredients of the recipe in a spreadsheet format. This makes it fairly easy to see which ingredient contains the most *Fat* or *Sodium*... as long as the recipe doesn't include too many items. **NPro** doesn't rank the ingredients based on selected nutrients or show the percentage of the nutrient that comes from each ingredient. **NPro** lists the nutrient values for ingredients when you generate a report for printing... no sorting capabilities are supported.

33 ***The ability to organize recipes into a tabbed notebook, then add, delete, and rename tabs is critical if you are organizing hundreds of recipes that are targeted for a variety of special needs (NB7 comes with over 600 recipes).*** **NB7** allows you to drag and drop recipes from tab-to-tab. **NB7** also uses this organizational approach to personal food items (new foods and frequently used foods) and Meals. In addition **NB7** allows you to store up to 26 of these tabbed notebooks in up to 26 "Folders".

34 NB7 includes Meal Plans for hypertension, diabetes, healthy heart, balanced weight loss, low-carb weight loss, 40-30-30, Vegan, vegetarian, and body building. Each **NB7** Meal Plan contains up to 3 meals and 3 snacks per day for 4 weeks. Each **NB7** Meal Plan is available in 8 different calorie levels.

Meal Management[35]	NB7	FP-SQL	NPro
Ability to drag and drop meals from Meal Folder to Meal Folder?	**YES**	no	no
Ability to organize tabbed notebooks for meals into Meal Folders to organize your meals by type (i.e., diabetic, body-building, etc.)?	**YES**	no	no
Ability to display the Percent Daily Values for meals while viewing them?	**YES**	no	no
Ability to *subtract* ingredients from any meal?	**YES**	no	no
Meal plan analysis that lets you select the days, the meals, nutrients, and the factors (percentages, totals, averages, etc.). Record the meal plan as the client's intake, then edit it for changes from the hard copy summary.	**YES**	no	no
Ability to view your Meals, along with their nutrient values in a spreadsheet view, then rank them from high-to-low or low-to-high based on any nutrient?	**YES**	no	no
Copy any day's intake (or selected meals and/or snacks from a day's intake) from any meal plan day to another day (or days) of the same (or different) meal plan?	**YES**	no	no
Are meal plans transportable across other editions of their software?	**YES**	no	no
Customize your Meals to make them look *any way you want*, then publish them in a customized web page or word processor format?	**YES**	no	no
Reports	**NB7**	**FP-SQL**	**NPro**
Flexible formatted report capability that allows you to select which nutrients you want to include in our reports?	**YES**	no	no
Ability to batch process dozens (or hundreds) of custom, multi-page Initial Assessment Reports in word processor format or in web page format?	**YES**	no	no
Ability to store your company name (or your own name) as a macro for insertion into your reports?	**YES**	no	no
Ability to insert page numbers in your word processor reports?	**YES**	no	no
Ability to print selected pages or a range of pages in your report?	**YES**	no	no
Auto-Insert custom text or graphical bitmap report headers featuring your logo, name, address, phone, etc.) at the top of every report?	**YES**	somewhat[36]	**YES**
Integrated spell-checking word processor that can run standalone for document editing and/or generation?	**YES**	no	no
Flexible formatted report capability that allows you to select the nutrients, days, meals, totals, subtotals, etc.?	**YES**	no	no
Flexible formatted report capability that allows you to include pie charts, nutrition facts labels, borders, drop shadows, shading, dividers, etc.	**YES**	no	no
Flexible formatted report capability that allows you insert any of hundreds of icons and images, including those you personally add (i.e, your logo or photo)?	**YES**	no	no
Integrated Backup and Restore	**NB7**	**FP-SQL**	**NPro**
Easy-to-use *integrated* backup and restore capability to keep your computers synchronized with your work?	**YES**	no	no
End User License that allows you to install the software onto multiple PC's (without paying for multiple copies) so long as you are the sole user?	**YES**	no	no
Backup and restore to and from flash drives and other removable media?	**YES**	no	no
Ability to email your backup to yourself or others?	**YES**	no	no

35 A "Meal" is a collection of food items and recipes that define either a meal or snack. In **NB7**, you can store meals in tabbed notebooks and the tabbed notebooks (up to 36 tabs) in up to 26 "folders." Meals serve as building blocks for Meal Plans. Mix and match them to create hundreds of unique Meal Plans.

36 FP-SQL lets you insert *text headers* into reports (must be created for each report at the time you create it - it doesn't store it as a reusable default value). **FP-SQL** does not support the insertion of *graphical headers*.

Analysis Capabilities	NB7	FP-SQL	NPro
Ability to save *any* report in word processor, web page, or text formats?	**YES**	no	**YES**
Ability to export analyses into spreadsheet format?	**YES**	no	**YES**
Ability to insert *customizable* "under" and "over" comments into intake reports.[37]?	**YES**	no	no
Ability to include *selected* nutrient data for every *ingredient* in your reports?	**YES**	no	no
Ability to select the nutrients to analyze in a recipe or intake report?	**YES**	no	no
Does the software allow you to create "analysis templates" which allow you to easily save and recall previous analyses when desired?	**YES**	no	no
Export analysis into a format suitable for use with spreadsheet program?	**YES**	no	**YES**
Handle nutrient intake *Group Studies* involving hundreds of individuals and producing analyses for each individual and averages for the entire study?	**YES**	no	no
Nutrient intake analysis that lets you select the client (or clients), the dates (cherry pick or select a range), meals, nutrients, factors (%, totals, averages, etc.) and personal information?	**YES**	no	no
Fitness Management	**NB7**	**FP-SQL**	**NPro**
Ability to track and graph body fat content as well as body weight?	**YES**	no	no
Ability to track exercise and activities for 24-hour periods - separately from food intakes?[38]	**YES**	no	no
Ability to track calorie expenditures from monitored exercises?[39]	**YES**	no	no
Ability to accept resting metabolic rate from indirect calorimeters?	**YES**	no	no
Tack your workouts in customizable detail with a printable Gym Log?	**YES**	no	no
Ability to batch process calorie expenditure reports?	**YES**	no	no
Ability to calculate exercise calorie expenditures based on heart rate?	**YES**	no	no
Ability to calculate calorie expenditures based on perceived exertion?	**YES**	no	no
Calorie expenditures report for clients that shows how many calories they will burn for performing any of 90 exercises for 30 minutes?	**YES**	no	no
Ability to support for Target Heart Rate Training?	**YES**	no	no
Calculate exercise calorie expenditures based on body weight?	**YES**	**YES**	no[40]
Create, edit, save and retrieve workouts for use with clients?	**YES**	no	**YES**
Set exercise calorie expenditure goals and track them?	**YES**	**YES**	no
Ability to track your 24-hour activity and exercise calories separately from your daily food intake so that you can generate a direct comparison of calories burned vs. calories taken in?	**YES**	no	no
Information Tracking Features	**NB7**	**FP-SQL**	**NPro**
Establish weight goals based on % body fat, then track progress?	**YES**	no	no
Track and graph body fat content progress for all clients?	**YES**	no	no
Track and graph body weight progress for all clients?	**YES**	no	no

37 NutriBase can auto-insert comments into your intake analysis report when a client is under or over any goal for any nutrient. These comments appear when you generate your analysis reports. Typically, "under" comments suggest good sources of the nutrient you are deficient in and "over" comments provide safe upper limit information. You control over what the comments say, which ones are used, and when they are used.

38 NutriBase allows you to track your 24-hour activity and exercise calories separately from your 24-hour food intake. This produces a direct comparison of calories burned with calories eaten, and this results in a calorie surplus or deficit. In general, this method of tracking caloric expenditures is superior to the "normal" method of asking the user her activity level (sedentary, moderately active, etc.) and then estimating calorie expenditures based on this.

39 This feature lets you take the calories (and other data) provided by monitored exercise machines (like programmable treadmills or heart rate monitors) and enter in the results. If your treadmill changes inclination and/or speed over the duration of the exercise, you can still enter a good number for calories burned.

40 **NB7** and **FP-SQL** both take the client's body weight into consideration when calculating calorie expenditures. **NB7** uses "Kcal/hr./lb." or "Kcal/hr./Kg," depending on whether the user has selected "English" or "Metric" measurements in their User Preferences. **FP-SQL** uses "Kcal/hr./Kg of body weight. **NPro** uses "calories per minute" values which disregard the client's body weight - **NPro** will calculate the same calorie expenditure for 30 minutes of aerobics for an 82 lb. girl or a 320 lb. man.

Information Tracking Features (continued)	NB7	FP-SQL	NPro
Track and report on anything (with date and time stamping)?	YES	no	no
Track and report on body chemistry (triglycerides, uric acid, etc.) and personal information (doctor, pharmacist, etc.)?	YES	no	no
Track and report on measurements (waist, pant size, etc.) and miscellaneous items (ovulation, cigarettes, etc.)?	YES	no	no
Ability to track client information and export it for use with your email program for mailing out targeted email newsletters?	YES	no	no
Internet-Related Features	**NB7 SE [41]**	**FP-SQL**	**NPro**
Ability to convert your recipes into customized web pages for any web site?	YES	no	no
Ability to capture information from surfers who fill out an assessment questionnaire on your web page?	YES	no	no
Ability to "batch process" (automatically generate) dozens (or hundreds) of custom reports as customized web pages?	YES	no	no
Ability to deliver custom, multi-page Assessment Reports in Rich Text Format, text format, or in HTML format?	YES	no	no
Ability to export your client list for use with your email client (like MS Outlook) for mass newsletter mailings?	YES	no	no
Ability to generate *custom* reports in *ready-to-use* HTML web page format that are laid out *exactly* like you specify?	YES	no	no
Ability to instantly generate custom, multi-page assessment reports for surfers who've completed your web-based questionnaire?	YES	no	no
Network Features[42]	**NB7**	**FP-SQL**	**NPro**
A mode that lets users view what others have done (recipes, meal plans, intakes, etc.), but can only modify or delete their own work?	YES	no	no
A mode that permits all other users to view, modify, and delete only the work they've created themselves?	YES	no	no
A mode that permits all other users to view, modify, or delete each other's work (recipes, meal plans, intakes, etc.).	YES	no	no
A special "Master User" password that allows unrestricted access?	YES	no	no
Password-protected log-on for all users?	YES	no	no
Miscellaneous Features	**NB7**	**FP-SQL**	**NPro**
Ability to create a variety of publication-quality Nutrition Facts Label?	YES	somewhat[43]	no[44]
Password protected access to your software?	YES	no	no
A Client Information Window that gives you a concise snapshot summary of how any client is doing?	YES	no	no
Ability to calculate calorie requirements using by supporting the Estimated Energy Requirements table?	YES	no	no
Ability to access your Client Notes through a calendar interface?	YES	no	no
Ability to add nutrient data for new foods by entering the % Daily Values?	YES	no	YES
Ability to convert and save foods added to software in any serving size?	YES	no	no

41 These web-form based features are for **NB7 Clinical SE** (Special Edition), which retails for $895. It takes about a minute to manually log on a new client in **NB7**. The **NB7 Clinical SE** edition can log on 100 clients from a web-based questionnaire in about 10 seconds. NutriBase captures all contact information in the Client Contact Manager for you and logs on all clients automatically.

42 This "Network Features" section refers to the network editions of **NB7**, **FP-SQL**, and **NPro**.

43 **FP-SQL** provides very basic label generation capabilities. Esha recommends using their Genesis R&D SQL software (starting at $3,999.00) for label creation.

44 **Npro** requires you to purchase the Label Module to create Nutrition Facts Labels. This module is $595.

Miscellaneous Features (continued)	NB7	FP-SQL	NPro
Ability to save Nutrition Facts Label as BMP, JPG, WMF, and PDF files?[45]	**YES**	no	no
Ability to add your personal food items to a tabbed notebook then organize them by dragging and dropping these items into tabs?	**YES**	no	no
Ability to convert your recipes into Personal Food Items for use on your Palm PDA?	**YES**	no	no
Comprehensive User's Manual with step-by-step instructions for every feature?	**YES**	no	no
Ability to export information from your contact list into a format suitable for use with an email program (like MS Outlook)?	**YES**	no	no
Ability to export your client contact information for use with your email program to facilitate convenient mass mailings to your clients?	**YES**	no	no
Ability to format client notes by setting fonts and point sizes, inserting bullets, italicizing, boldfacing, underlining, and aligning?	**YES**	no	no
Ability to select frequently used foods from the nutrient database and organize them as personal food items in a tabbed notebook for quick access for use in your recipes, intakes, and meal plans?	**YES**	no	no
Ability to select which formulas are used to calculate calories requirements, calorie expenditures, max heart rates, training zones, etc? Then adjust them as desired? Then reset them if necessary?	**YES**	no	no
Ability to set user preferences for general, prompts, settings, fitness manager, and reports to customize your user interface?	**YES**	no	no
User customizable Tool Bar with Office or XP style icons, small or large, with or without captions?	**YES**	no	no
Ability to click a box to email your backups to yourself or to others?	**YES**	no	no
Click a button to email your personal food items to us for consideration to add to the NutriBase database?	**YES**	no	no
Ability to spell-check your client notes?	**YES**	no	no
An integrated Work Planner to schedule your work day-by-day?	**YES**	no	no
Ability to run on Windows 95 and ME?	**YES**	no	no
Ability to run on Windows 98?	**YES**	no	**YES**
Set of Digital Body Fat Calipers included?[46]	**YES**	no	no
Free email product support 24/7?	**YES**	no	no
Annual fee for technical support and updates after the first year?	no	**YES ($200/yr)**	**YES ($300/yr)**

About this Report

This report was prepared by CyberSoft, the makers of NutriBase. It was created to help you sort out the differences among the top three nutrition software packages that are targeted toward RD's and other health professionals. Because of the interactions that exist among the software components in today's high-end nutrition programs, there is often more than one way to get a job done. Although considerable effort was expended in attempting to perform each of the functions cited in this report, CyberSoft acknowledges that it may be possible that these software packages can accomplish one or more of these tasks in a way that was not clear to us after considerable effort. Another factor that could affect the accuracy of this chart is the fact that new revisions of the various software packages may improve existing capabilities or add completely new features. For these reasons, we recommend you visit the web sites of these companies or call them for the latest information regarding their most current software offerings. If you know of a feature that our competitors have that we don't support, let us know… we'll add it to this chart and give ourselves a "no" until we implement our own version of any new feature.

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45 FP-SQL's Nutrition Facts Label report generator produces a *single* label. For commercial quality Nutrition Facts Labels, Esha recommends their Genesis R&D product which costs $3,999.00 and up. For commercial-quality Nutrition Facts Label creation with **NPro**, you may purchase the optional **NPro** Nutrition Facts Label "module," available from Axxya Systems for $595 additional.

46 Neither **FP-SQL** nor **NPro** have the ability to calculate or track goals based on body fat content… so body fat readings would have no value in these software packages.